EXHIBIT A: SCHOOL LUNCH AND BREAKFAST

WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS $^{1,\,2}$

GROUP A	OZ EQ FOR GROUP A
Bread type coating	1 oz eq = 22 gm or 0.8 oz
Bread sticks (hard)	3/4 oz eq = 17 gm or 0.6 oz
Chow mein noodles	1/2 oz eq = 11 gm or 0.4 oz
Savory Crackers (saltines and snack crackers)	1/4 oz eq = 6 gm or 0.2 oz
• Croutons	
Pretzels (hard)	
Stuffing (dry) Note: weights apply to bread in	
stuffing.	
GROUP B	OZ EQ FOR GROUP B
• Bagels	1 oz eq = $28 \text{ gm or } 1.0 \text{ oz}$
Batter type coating	3/4 oz eq = 21 gm or 0.75 oz
Biscuits	1/2 oz eq = 14 gm or 0.5 oz
Breads (sliced whole wheat, French, Italian)	1/4 oz eq = 7 gm or 0.25 oz
Buns (hamburger and hot dog)	
• Sweet Crackers ⁴ (graham crackers - all shapes, animal crackers)	
• Egg roll skins	
• English muffins	
Pita bread (whole wheat or whole grain-rich)	
Pizza crust	
Pretzels (soft)	
Rolls (whole wheat or whole grain-rich)	
Tortillas (whole wheat or whole corn)	
Tortilla chips (whole wheat or whole corn)	
Taco shells (whole wheat or whole corn)	
GROUP C	OZ EQ FOR GROUP C
• Cookies ³ (plain - includes vanilla wafers)	1 oz eq = $34 \text{ gm or } 1.2 \text{ oz}$
Cornbread	3/4 oz eq = 26 gm or 0.9 oz
Corn muffins	1/2 oz eq = 17 gm or 0.6 oz
Croissants	1/4 oz eq = 9 gm or 0.3 oz
• Pancakes	
• Pie crust (dessert pies³, cobbler³, fruit turnovers⁴,	
and meat/meat alternate pies)	
• Waffles	

The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich

² Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

Allowed only as dessert at lunch as specified in §210.10.

⁴ Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

GROUP D	OZ EQ FOR GROUP D
• Doughnuts ⁴ (cake and yeast raised,	1 oz eq = $55 \text{ gm or } 2.0 \text{ oz}$
unfrosted)	3/4 oz eq = 42 gm or 1.5 oz
• Cereal bars, breakfast bars, granola bars ⁴	1/2 oz eq = 28 gm or 1.0 oz
(plain)	1/4 oz eq = 14 gm or 0.5 oz
Muffins (all, except corn)	
• Sweet roll ⁴ (unfrosted)	
• Toaster pastry ⁴ (unfrosted)	
GROUP E	OZ EQ FOR GROUP E
Cereal bars, breakfast bars, granola bars ⁴	1 oz eq = $69 \text{ gm or } 2.4 \text{ oz}$
(with nuts, dried fruit, and/or chocolate	3/4 oz eq = 52 gm or 1.8 oz
pieces)	1/2 oz eq = 35 gm or 1.2 oz
• Cookies³ (with nuts, raisins, chocolate pieces	1/4 oz eq = 18 gm or 0.6 oz
and/or fruit purees)	
• Doughnuts ⁴ (cake and yeast raised, frosted or	
glazed)	
• French toast	
• Sweet rolls ⁴ (frosted)	
• Toaster pastry ⁴ (frosted)	
GROUP F	OZ EQ FOR GROUP F
• Cake ³ (plain, unfrosted)	1 oz eq = 82 gm or 2.9 oz
• Coffee cake ⁴	3/4 oz eq = 62 gm or 2.2 oz
	1/2 oz eq = 41 gm or 1.5 oz
CDOLDC	1/4 oz eq = 21 gm or 0.7 oz
GROUP G	OZ EQ FOR GROUP G
Brownies ³ (plain) On the sign of	1 oz eq = 125 gm or 4.4 oz
• Cake ³ (all varieties, frosted)	3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz
	1/2 oz eq = 03 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
GROUP H	OZ EQ FOR GROUP H
Cereal Grains (barley, quinoa, etc)	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
Breakfast cereals (cooked) ^{5, 6}	1 of of 1/2 out country of 1 out to (20 g) any
Bulgur or cracked wheat	
Macaroni (all shapes)	
Noodles (all varieties)	
Pasta (all shapes)	
Ravioli (noodle only)	
Rice (enriched white or brown)	
GROUP I	OZ EQ FOR GROUP I
Ready to eat breakfast cereal (cold, dry) ^{5, 6}	1 oz eq = 1 cup or 1 ounce for flakes and rounds
	1 oz eq = 1.25 cups or 1 ounce for puffed cereal
	1 oz eq = 1/4 cup or 1 ounce for granola

Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁶ Cereals must be whole-grain, or whole grain and enriched or fortified cereal.